



Casserole Cooking

in the NEW WORLD oven

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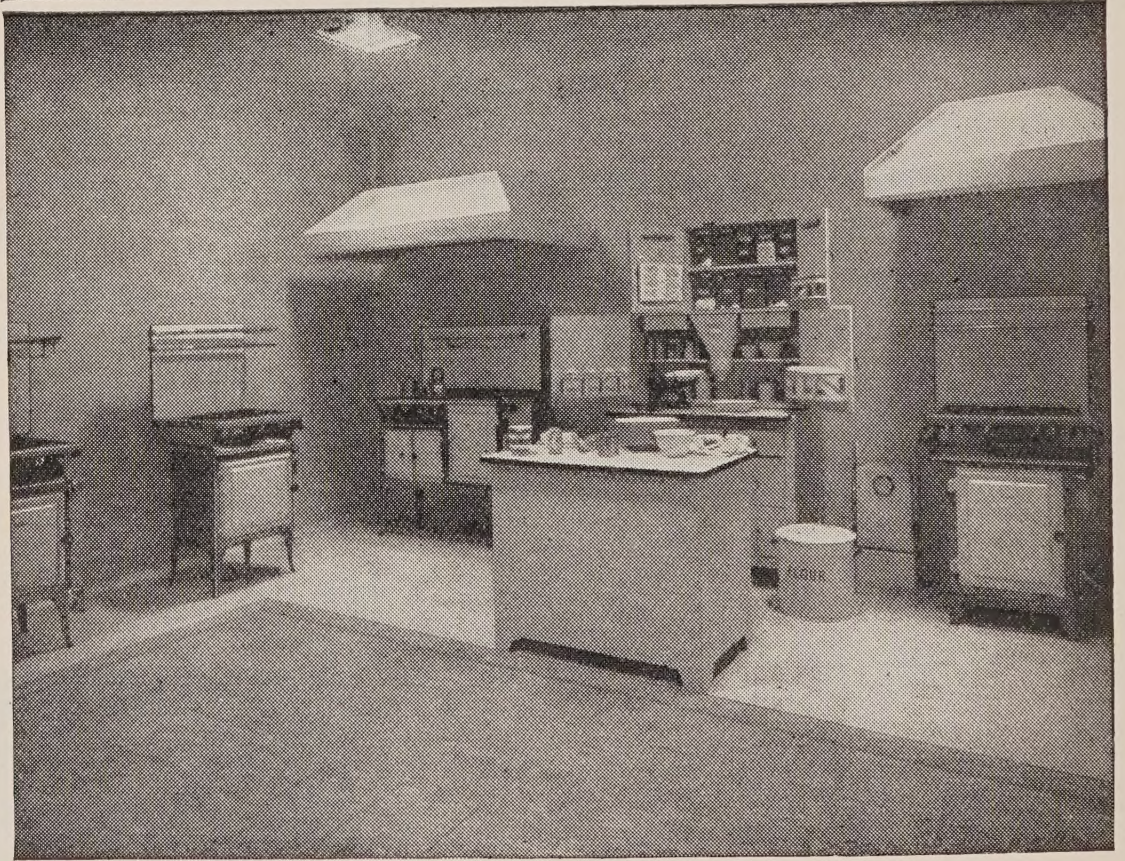
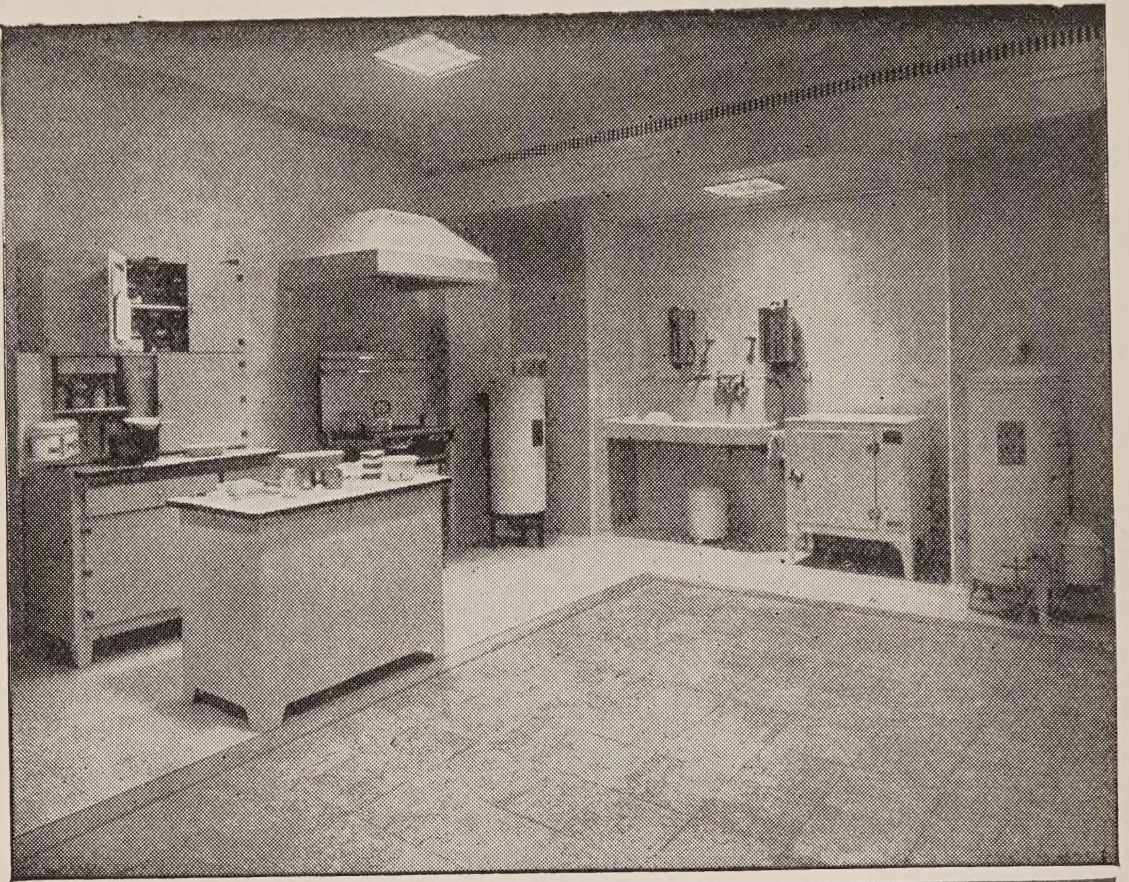
Casserole Cooking

in the

NEW WORLD OVEN

THERE is no means of cooking which is more simple and yet more successful than Casserole Cooking. Combine the use of casserole with the up-to-date "New World" Cooker and the result is nutritious food, cooked with the very minimum amount of trouble, in which the full flavour and food values are conserved. The "Regulo" control on the "New World" Oven takes complete charge of the gas supply and maintains the correct temperature throughout the entire cooking period. After setting the "Regulo" correctly no attention whatever is required from the time the casserole is placed in the oven to the time it is taken out.





Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

Casserole Cooking in the Popular New World Oven

Casseroles may now be chosen from a variety of materials and designs. Lids with sunk handles are often a convenience when arranging several dishes in the oven at a time, further the handles are protected from breakage. The brown or attractively coloured pottery casseroles are the cheapest and will last a long time with reasonable care. They should, however, not be used further if the glaze on the inside of the vessel has become defective. Fireproof china and glass casseroles are made in all sizes and shapes.

Earthenware casseroles can be placed directly over a flame provided that the heat is not too intense, but fireproof glass and china should not come into direct contact with the flame. The appearance of the latter materials is, however, often preferred to that of the stronger earthenware. The fact that it is possible to see inside a glass dish, such as, when cooking fruit under pastry or eggs under a sauce is sometimes an added advantage.

When removing glass, earthenware or china casseroles from the oven be careful to use a dry cloth and do not place them on a cold stone slab or on a damp table or they may crack.

The lightest and often the most convenient casseroles to use are those made of aluminium. These may be used either directly over a hotplate burner or in the oven. They are less cumbersome than the other kinds, and their use often enables more dishes to be cooked in the oven together. There is the one disadvantage in that the food has to be dished up before serving as a metal casserole is not sent to the table. This difficulty, however, could be overcome by folding a table napkin round the casserole and the food could then be served direct from it.

A large variety of foods is available for casserole cooking in the "New World" Oven as will be seen by the recipes following, all of which have been tested in the Radiation Research and Demonstration Kitchens. In some cases a certain amount of preliminary work is carried out on the hotplate, such as the making of a sauce or the frying of meat and vegetables for a ragout, but the subsequent long stewing process, otherwise difficult to control, is done without attention in the oven. The making of stock and stewing of foods can always proceed in the lower part of the

“New World” oven while other dishes are being cooked at a higher temperature in the middle and upper part of the oven.

In the following recipes unless stated to the contrary the “Regulo” setting and time apply when the dish is placed in the main cooking space in the upper part of the oven. If the dishes were cooked in the lower part of the oven at the same time as other foods, a high “Regulo” mark would be required, e.g., a fish dish cooked alone in the oven with the “Regulo” at Mark 5. would cook equally well on a shelf immediately beneath a joint with the “Regulo” at Mark 7.

SOUPS

The simmering of soup can always be done, without any attention, in the oven in a casserole with the “Regulo” at mark 4 or in the low temperature zone when the upper part of the oven is being used at a higher “Regulo” mark.

ARTICHOKE SOUP.

Ingredients—

3 lbs. Jerusalem artichokes	1 oz. flour.
1 onion	$\frac{1}{2}$ pint milk
1 stick celery	Seasoning
1 quart stock or water	

Method.—Peel and slice the artichokes. Melt the butter in a saucepan or aluminium casserole. Cook the artichokes and other vegetables in the butter for a few minutes, keeping the lid on the pan and shaking occasionally. Add the stock and seasoning and cook in a casserole in the oven until the vegetables are tender. Pass through a sieve, add most of the milk and bring to the boil on the hotplate. Mix the flour with the remainder of the milk, remove the soup from the hotplate, add the flour and milk while stirring well and reboil. Taste and add more seasoning if required before serving.

BARLEY CREAM SOUP.

Ingredients—

2 ozs. pearl barley	2 pints of stock
1 small carrot	1 egg
1 small onion	$\frac{1}{4}$ pint of milk
Stick of celery	Seasoning
1 oz. butter	

Method.—Wash the barley, put into cold water and bring to the boil. Melt the butter and cook the vegetables for a few minutes,

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keeping the lid on the pan and shaking occasionally. Add the barley and stock and simmer for 2 hours in the oven. Strain. Add the egg and milk beaten together. Re-heat slowly, but do not boil ; season, and serve hot.

CHICKEN BROTH.

Ingredients—

The carcase and trimmings of a chicken, or 6 chicken necks	1 oz. rice or pearl barley
2 pints stock	Seasoning
	1 teaspoonful chopped parsley

Method.—Break up the carcase of the chicken, or if chicken necks are used, scald and cut them up. Add the stock and barley, and simmer for 2 hours in the oven. Season and add parsley just before serving.

SCOTCH BROTH.

Ingredients—

1½ lbs. boiling beef	1 carrot
1 cupful barley	1 small turnip
Beans	Peas
A piece of cabbage	Some parsley
1 parsnip	Leeks
1 onion	

Method.—Place the beef in a casserole and cover it with boiling water. Add the barley and the beans, together with the cabbage parsnip, onion, and a part of the carrot and turnip, all cut into small pieces. The remainder of the carrot and turnip should be added in large pieces, as they are required for serving with the meat. Simmer for 3 hours. Half an hour before serving, add the peas, the parsley and the leeks.

Serve the beef garnished with the larger pieces of boiled carrot and turnip and some of the liquor ; serve the remainder as broth.

TOMATO SOUP.

Ingredients—

2 lbs. fresh tomatoes	1 carrot, onion, and small piece of turnip
2 ozs. sago	Seasoning.
1½ pints stock	¼ pint cream

Wipe the tomatoes and boil for 5 minutes in the stock. Then put the whole through a sieve. Place the sieved tomatoes, stock, sago and vegetables in a casserole. The vegetables should not be cut into small pieces. Stir well and place in the oven and cook for 1 to 1½ hours. When cooked remove the large pieces of vegetable, stir in the cream and serve.

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WHITE CREAM SOUP.

Ingredients—

1 oz. rock tapioca	Salt. Pepper
Slices of onion, carrot and turnip, cut into small pieces	1½ pints white stock—made from veal bones
2 sticks of celery sliced	½ pint milk.

Method.—Soak the tapioca in the stock for 30 minutes, or longer. Place all the ingredients, except the milk in an aluminium casserole. Bring to the boil on the hotplate, then place in the oven. Cook for 45 minutes. Add the milk and replace in the oven for 10 minutes then serve.

FISH DISHES

COD AND MACARONI CASSEROLE.

Regulo Setting Mark 5
Time 1 Hour

Ingredients—

2 ozs. macaroni	3 ozs. white crumbs
2 lbs. cod	½ pint milk
Salt and pepper	1 egg
½ teaspoonful chopped parsley or dried herbs	Butter

Method.—Break the macaroni into pieces and place in boiling salted water. Boil for 10 minutes. Strain off the water. Wash the cod and place it in a large greased casserole. Sprinkle with the salt, pepper and chopped parsley or dried herbs. Arrange the macaroni and some of the crumbs in layers round the fish. Heat the milk (not quite to the boil) and pour on to the beaten egg. Pour this over the macaroni. Sprinkle the remainder of the crumbs over the fish and macaroni; place a few pieces of butter on top. Cover with a lid and bake for 1 hour with the “Regulo” at mark 5. Remove the lid for the last 10 minutes to brown the crumbs.

CURRIED FISH

Regulo Setting Mark 2
Time 45 Minutes

Ingredients—

Curry Sauce

Cold fish

Boiled rice

Method.—Make the sauce as on p. 11 omitting the meat. Remove the skin from the fish, place in the casserole with the sauce and cook for 45 minutes with the “Regulo” at Mark 2. Serve with boiled rice.

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FISH IN BROWN SAUCE.

Regulo Setting Mark 2
Time 50 Minutes

Ingredients—

1½ ozs. dripping	}	For sauce.
Half a carrot		
1 onion		
1 tomato, chopped		
1 oz. flour		
1½ pints water or stock		
Salt, pepper		
Sprig of parsley		
Gravy browning		
1½ lbs. cod or other white fish.		

Method.—Heat the dripping in a saucepan. Add the carrot and onion cut into small pieces. Cover with a lid and heat for 10 minutes. Remove the lid and heat for a further 10 minutes. Add the tomato and cook for a few minutes, then add the flour. Stir together. Add the water or stock, stir and boil. Add the salt, pepper, parsley and gravy browning.

Place the cod in a casserole and add the sauce. Cover with a lid and bake in the oven for 50 minutes with the “Regulo” at mark 2.

HERRINGS—SOUSED.

Regulo Setting Mark 3
Time 1 Hour

Ingredients—

3 fresh herrings or more	Blade of mace
Salt and pepper	2 cloves
1 bay leaf	Vinegar
10 peppercorns	

Method.—Wash, bone and fillet the herrings. Sprinkle each fillet with salt and pepper and roll up with a piece of roe in each one. Pack the fillets into a casserole. Add the herbs and spices and cover with 3 parts vinegar to 1 part water. Cover with the lid and bake with the “Regulo” at mark 3 for 1 hour.

STEWED EELS.

Regulo Setting Mark 1
Time 1 hour 15 Minutes

Ingredients—

1 lb. eels.	Lemon juice
2-3 ozs. flour	Salt and pepper
1½ ozs. butter or dripping	Anchovy essence
¾ pint water or stock	½ wineglassful of port wine.

First Method.—Skin, wash and cut the eels into pieces and dip in the flour. Heat the fat until just smoking. Fry the pieces of fish until a golden colour. Remove the fish and place in a casserole.

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Sprinkle $1\frac{1}{2}$ ozs. flour into the frying-pan, stir and fry until brown. Add the water or stock and stir until a smooth thick sauce is obtained. Add the lemon juice, salt and pepper and anchovy essence to taste. Pour over the fish in the casserole, cover with the lid and cook in the oven for 1 hour 15 minutes with the "Regulo" at mark 1. Add the port wine to the sauce before serving.

Second Method.—Cut the eels into pieces, cover with cold water and simmer for 20 minutes. Strain off the water and finish cooking in a white or parsley sauce in a casserole as above.

MEAT DISHES

BEEF OLIVES.

Regulo Setting Mark 5
Time 1 Hour 30 Minutes

Ingredients—

$1\frac{1}{2}$ lbs. steak
1 onion and 1 carrot
1 dessertspoonful seasoned
flour
 $\frac{1}{2}$ pint water
2 ozs. dripping

Forcemeat :
3 tablespoonfuls bread-
crumbs
2 tablespoonfuls suet
1 teaspoonful mixed herbs
Little grated lemon rind
1 egg, pepper, salt

Remove all fat from the steak and cut into very thin slices about 4 inches square ; flatten well with a rolling-pin. Prepare forcemeat with above ingredients, put a little on each slice of meat, roll up and tie securely with fine string. Coat the olives with the seasoned flour and cut the vegetables into slices. Fry both a nice brown in the heated fat, and place in a casserole. Make gravy with the remaining seasoned flour, stirred into the fat, add the water and stir until boiling ; season and pour over the meat, etc. Cover the casserole with a lid and cook in the oven for 1 hour 30 minutes with the "Regulo" at mark 5.

BEEF STEAK PUDDING.

Ingredients—

1 lb. beef steak
 $\frac{1}{4}$ lb. kidney (optional)
 $\frac{1}{4}$ pint water

$\frac{1}{2}$ lb. suet pastry
1 tablespoonful flour
Salt and pepper

Method.—Line a deep basin, well greased, with suet paste rolled $\frac{1}{8}$ inch thick. Put the flour, with salt and pepper, on a plate, cut the meat into strips $2\frac{1}{2}$ inches long and 1 inch wide, and the fat into very small pieces. Roll each piece of meat in the seasoned flour, place a small piece of fat on the end of each piece and roll

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up. Place these rolls in the basin and pour the water over. Wet the edge of the pastry lining and cover with a round piece of pastry, thoroughly seal the edges, cover with buttered paper and steam in the oven for 3 hours with the "Regulo" at mark 4, or for a longer period if more convenient with a lower "Regulo" mark. See directions for steaming puddings in a casserole in the oven on page 20. When cooked serve the pudding in the basin with a table napkin folded around.

BRAISED BEEF.

Regulo Setting Mark 2
Time 1 Hour 30 Minutes

Ingredients—

2 lbs. topside or silverside of beef	1 oz. butter
Small head of celery	$\frac{1}{8}$ pint water or stock
2 carrots, 1 onion, 1 turnip	Pepper and salt

Method.—Melt the butter in a small pan and brown the meat in it quickly on both sides. Remove the meat and fry the cut-up vegetables for a few minutes. Place the fried vegetables in a casserole with $\frac{1}{8}$ pint of water or stock and a little pepper and salt, Add the meat and cover with a closely fitting lid. Cook in the oven for $1\frac{1}{2}$ hours with the "Regulo" at mark 2. Serve the meat with the vegetables piled at each end of the dish. Remove any fat from the gravy, add a little browning if necessary, and serve in a tureen.

BRAISED HEART.

Regulo Setting Mark 3
Time 1 Hour 30 Minutes

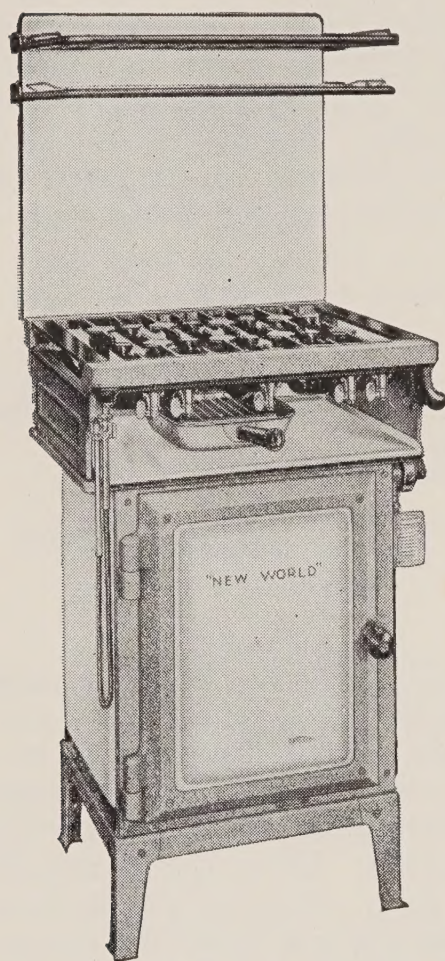
Ingredients—

1 sheep's heart	1 oz. flour
Veal stuffing	$\frac{3}{4}$ pint stock
1 onion	Salt
1 carrot	Pepper
1 turnip	Bag of herbs
$1\frac{1}{2}$ ozs. dripping	

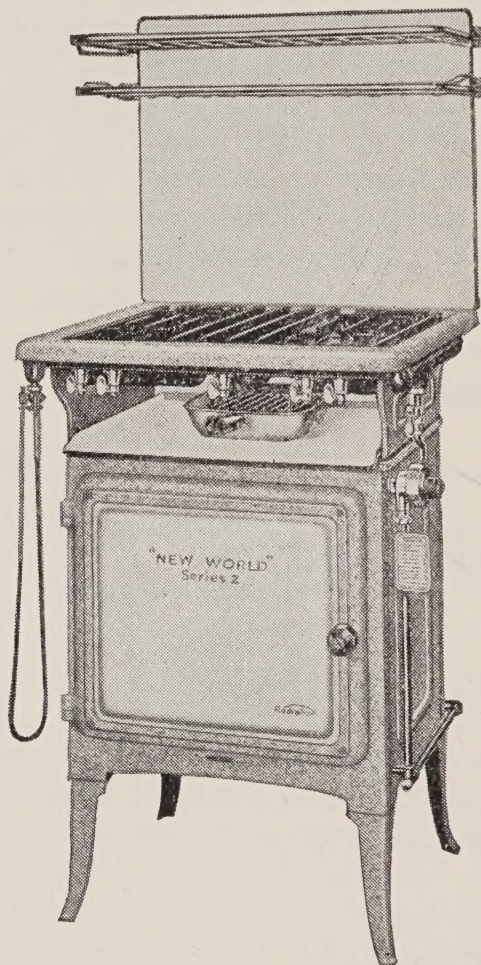
Method.—Well wash the heart in warm water. Remove the deaf ears and trim. Fill with stuffing and keep in place by tying a piece of greased paper over the thick end.

Peel and cut the vegetables into cubes. Heat the dripping in a frying pan and quickly fry the vegetables in it. Remove the vegetables and place them in a casserole. Fry the heart in the hot dripping sufficiently to brown the outside. Place the heart on the vegetables in the casserole. Add the flour to the dripping and fry brown, then add the stock, stir and boil up to make a coating

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NEW WORLD



NEW WORLD—Series 2

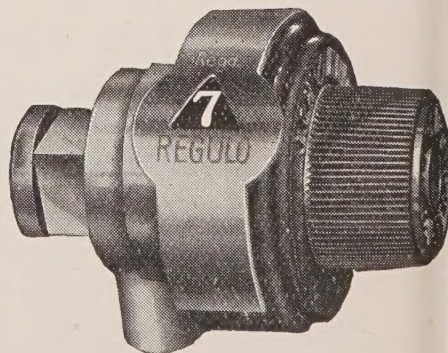
Additional sizes of the New World Gas Cooker have recently been introduced. These additional cookers are known as New World—Series 2, and are thus described on the door panel.

The illustrations above show typical examples of the two types.

THE REGULO HEAT CONTROLLER

The figures on the Regulo dial represent the complete range of oven heats required for every variety of cooking. To use the Regulo, set the dial to the number required, turn the oven tap on full, light the gas and close the door. Allow 15 minutes heating with Regulo settings up to mark 7 and 20-25 minutes with higher marks. When the oven is hot insert the food and close the oven door tightly. At the end of the prescribed time remove the food. During the whole cooking period the oven is left entirely to itself and it is not necessary to open the door from the time the food is inserted until it is finally removed, perfectly cooked.

When using the Regulo always keep the oven tap full on.



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sauce, Add salt and pepper and herbs and pour over the heart. Cover with a lid and cook in the oven for 1 hour 30 minutes with the "Regulo" at mark 3. When cooked, remove the paper and divide the heart into portions before serving.

BRAISED SWEETBREADS.

Regulo Setting Mark 3
Time 1 Hour 15 Minutes

2 lbs. lambs' sweetbreads ½ pint brown sauce
½ lb. mushrooms

Soak the sweetbreads in warm water for 2 hours. Put in boiling salt water and boil for 5 minutes. Cut into pieces and remove the skin. Arrange alternate layers of mushrooms and sweetbreads in a metal casserole. Pour in the brown sauce, cover with a lid and cook in the oven for 1½ hours with the "Regulo" at mark 3.

CURRIED MUTTON.

Regulo Setting Mark ¼
Time 1 Hour 30 Minutes

Ingredients—

1 tablespoonful of cocoanut	2 ozs. flour
2 lbs. neck of mutton	½ pint good stock
2 ozs. butter	2 ozs. sultanas
1 onion	½ teaspoonful sugar
1 small apple	½ teaspoonful salt
1 tablespoonful curry powder	1 tablespoonful lemon juice
	Boiled rice

Method.—Steep the cocoanut in a little boiling water. Remove the bones from the meat and divide into 1-inch squares. Fry the meat until brown in the butter in a pan. Remove the meat and fry the onions and apple (peeled and chopped up). Sprinkle in the curry powder and flour and fry for a few minutes; gradually add the stock, stirring to a thick smooth mixture, turn into a casserole with the rest of the ingredients, including the water strained from the cocoanut. Cover with a lid and cook in the oven for 1½ hours with the "Regulo" at mark ¼. Dish in a pile with the sauce around and serve with a dish of boiled rice.

EXETER STEW.

Regulo Setting Mark ¼
Time 3 Hours

Ingredients—

¾ lb. gravy beef	1 small carrot
1 onion	¾ pint water
1 oz. butter	1 teaspoonful sweet herbs
1 oz. flour	(tied in a piece of muslin)

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Method.—Cut the meat into small squares and fry in the butter until a golden brown, fry the onion and the flour. Put in a casserole, add the water (hot), carrot, herbs and seasoning. Cook in the oven for 3 hours with the “Regulo” at mark $\frac{1}{4}$. Make some small suet balls, and cook them in the stew for the last hour.

FRICASSEE OF VEAL.

Regulo Setting Mark $\frac{1}{2}$
Time 2 Hours

Ingredients—

1 lb. fillet of veal	1 teaspoonful cornflour
1 small onion	Salt
Piece of parsley, few peppercorns	$\frac{1}{4}$ pint milk
and lemon rind (tied in a small	$\frac{1}{2}$ pint water
piece of muslin)	Rolls of bacon and cut lemon
	for garnish

Method.—Cut the veal into small pieces and place in a casserole with the onion finely sliced, and the parsley, peppercorns and lemon rind tied in muslin. Cover with $\frac{1}{2}$ pint water, and cook in the oven for 2 hours with the “Regulo” at mark $\frac{1}{2}$. Strain off the liquor, putting $\frac{1}{4}$ pint into a saucepan with $\frac{1}{4}$ pint of milk. Boil up and thicken with 1 teaspoonful cornflour mixed with a little cold milk. Add seasoning and a few drops of lemon juice. Re-heat the meat in the sauce; pile the meat in the centre of a hot dish and garnish with small rolls of bacon and cut lemon.

HARICOT OF MUTTON.

Regulo Setting Mark $\frac{1}{4}$
Time 2 Hours 15 Minutes

Ingredients—

2 lbs. best end neck of	1 oz. flour
mutton	$\frac{1}{2}$ pint water
1 oz. butter	1 dessertspoonful mushroom
2 small onions	ketchup
1 carrot	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ turnip	Pepper

Method.—Saw off the chine bone and remove some of the fat. Divide the meat into cutlets which should then be floured and fried brown in their own fat. Remove the cutlets, heat the butter in the pan and fry the onions, carrot, and turnip all cut into dice, for 10 minutes. Add the flour, and when all are slightly brown place in a casserole and add the remaining ingredients together with the cutlets. Cook in the oven for $2\frac{1}{4}$ hours with the “Regulo” at mark $\frac{1}{4}$. Dish with the vegetables in the centre and the cutlets around. Remove the fat from the gravy and strain over the meat. Alternatively the Haricot may be served in the casserole.

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HOT POT.

Regulo Setting Mark 5
Time 2 Hours

Ingredients—

- | | |
|---------------------------------|----------------------------|
| 1 lb. leg of beef | 1 lb. potatoes |
| $\frac{1}{2}$ lb. pork sausages | $\frac{1}{2}$ lb. tomatoes |
| 1 tablespoonful flour, seasoned | 1 apple |
| with pepper and salt | 1 onion |

Method.—Cut the meat into small pieces and each sausage into about 3 pieces, dip into the seasoned flour. Peel and slice up potatoes, tomatoes, apple and onion. Arrange layers of vegetables and meat in a hot-pot jar or casserole, making the top and bottom layers of the vegetables. Add sufficient water to make the hot-pot about one-third full. Cover with a closely-fitting lid. Cook in the oven for 2 hours with the "Regulo" at Mark 5.

IRISH STEW.

Regulo Setting Mark $\frac{1}{4}$
Time 4 Hours

Ingredients—

- | | |
|---------------------------------|----------------------------------|
| 2 lbs. neck or scraps of mutton | $\frac{3}{4}$ pint water |
| 2 lbs. potatoes | 1 teaspoonful salt |
| 2 onions | $\frac{1}{4}$ teaspoonful pepper |

Method.—Divide the meat into neat pieces, cut up the potatoes roughly and slice the onions. Place in a casserole alternate layers of meat, potatoes and onions, with a good sprinkling of the salt and pepper between the layers; pour in the water and cover tightly; cook in the oven for 4 hours with the "Regulo" at mark $\frac{1}{4}$.

JUGGED HARE.

Regulo Setting Mark 5
Time 2 Hours 15 Minutes

Ingredients—

- | | |
|-----------------------|--|
| 1 hare | Sprig of parsley, 1 bay leaf, |
| 1 tablespoonful flour | 1 blade of mace, $\frac{1}{2}$ teaspoon- |
| Salt and pepper | ful mixed herbs, 2 cloves |
| 1 onion | (tied together in muslin). |
| 1 quart stock | 2 glasses port wine. |

Method.—Divide the hare into joints, coat with flour seasoned with salt and pepper and fry in butter until brown. Remove the hare and brown the remaining flour. Place the hare, one glass of port wine and all the other ingredients in a casserole, add the boiling stock, and cook for 2 hours 15 minutes with the "Regulo" at mark 5. When cooked remove the onion and herbs and add the remaining port wine.

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LANCASHIRE HOT POT.

Regulo Setting Mark 5
Time 2 Hours

Ingredients—

1½ lbs. scrag of mutton	2 lbs. potatoes
2 sheep's kidneys (optional)	1 large onion
½ pint water (about)	Pepper and salt

Grease an earthenware casserole or hot-pot jar and put in a thick layer of sliced potatoes and then the meat, cut into suitably-sized pieces. Cover with the sliced onion and season with pepper and salt. Pour in about ½-pint water. Place on top the remaining potatoes, cut in halves, to cover the meat, etc., completely. Brush over the potatoes with a little melted fat and cook in the oven for 2 hours with the "Regulo" at mark 5.

RAGOÛT OF MUTTON.

Regulo Setting Mark ¼
Time 2 Hours 30 Minutes

Ingredients—

1½ lbs. scrag of mutton	1 dessertspoonful flour
1 onion, parsnip and turnip	1 oz. butter
1 tablespoonful pearl barley	Salt and pepper
1 pint water	

Method.—Cut the mutton into neat pieces, dip into the flour. Season with ¼ teaspoonful salt and pepper. Melt the butter and fry first the meat and then the vegetables, cut into dice. Put the meat and vegetables in a casserole, add the water (hot) and barley. Cover with a tight-fitting lid and cook for 2½ hours with the "Regulo" at mark ¼.

SALMI OF GAME.

Regulo Setting Mark 1
Time 45 Minutes

Ingredients—

Roast game, preferably underdone	Salt, pepper
2 shallots	Bag of herbs, bay leaf, peppercorns, clove, blade of mace
A piece of carrot, turnip, celery, and 6 olives	¼ pint port wine.
1½ ozs. butter	Mashed potatoes
1½ ozs. flour	

Method.—Cut the meat from the game into pieces and simmer the bones in water to make game stock.

Chop the shallots, and cut up the other vegetables and stone the olives. Melt the butter in a saucepan, add the vegetables and olives and fry until brown.

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Remove the vegetables and olives and add the flour. Stir and cook until brown, add about $\frac{3}{4}$ pint of the game stock to make a thick brown sauce. Add the salt, pepper, herbs, etc., and wine. Simmer gently about 20 minutes. Place the game in a casserole and add the sauce passed through a strainer. Add the bag of herbs. Cover with a lid and cook in the oven for 45 minutes with the "Regulo" at mark 1. Remove the bag of herbs before serving. Make a border of mashed potatoes and serve the salmi in it, or serve the potatoes separately and the salmi in the casserole.

Chicken may replace the game, in which case the pieces of chicken must be quickly fried until brown before they are placed in the casserole.

Sippets of toast may be served with the salmi in place of the olives.

SALT BEEF AND CARROTS.

Regulo Setting Mark 1
Time 2 Hours 30 Minutes

Ingredients—

3 lbs. salt beef	2 lbs. onions
2 lbs. carrots	

Method.—Place the meat in an aluminium casserole with the onions whole and the carrots cut in two lengthwise. Cover with water. Bring to the boil on the hotplate and then insert in the oven on the fifth runner. Bake for 2 hours 30 minutes with the "Regulo" at mark 1.

SHEEPS HEAD.

Regulo Setting Mark 1
Time 3 Hours

Ingredients—

1 sheep's head	Stick of celery
2 carrots	Bunch of herbs
1 turnip	Salt and pepper
1 onion	

Method.—Split the skull lengthwise and remove the brains carefully; place them in cold water salted. Chop off the nose and well clean the head all over with salt. Remove the tongue. To blanch the head and tongue, place them in a large pan. Cover them with cold water and bring the water to boiling point. Then take them out of the pan and rinse them in cold water to remove all scum. To cook, place the head and tongue in a casserole with the vegetables. Cover with hot water and add the herbs, salt and pepper. Place in the oven for 3 hours with the "Regulo" at Mark 1. Either serve the head whole coated with Brain Sauce or cut the meat from the head and serve it with the tongue cut into slices.

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SHEEPS HEAD JELLY.

Ingredients—

1 sheep's head	1 lb. green peas
2 or more hard boiled eggs	1 teaspoonful of chopped parsley
2 or more carrots	1 oz. of gelatine

Method.—Cook the sheep's head as above. Cut the meat from the head while it is hot and skin and slice or chop the tongue. Cut the carrots which will have been cooked with the head into neat rounds. Rinse a mould with cold water, then arrange sliced egg, carrots, peas and parsley with the meat in layers to fill the mould arranging them loosely. Dissolve the gelatine in $1\frac{1}{2}$ pints of the liquor in which the head was cooked and pour this over the other ingredients to fill the mould. Leave until the next day to set, then turn out and serve with salad.

STEWED PIGEONS.

Regulo Setting Mark 5
Time 1 Hour 30 Minutes

Ingredients—

4 pigeons	1 small onion
$\frac{1}{2}$ pint gravy	1 dessertspoonful seasoned
2 ozs. butter	flour
$\frac{1}{2}$ lb. tomatoes	

Truss the pigeons as for roasting, coat with the seasoned flour, and brown quickly in the heated fat ; also fry the sliced onion. Put into a casserole with the tomatoes, peeled but left whole. Pour over $\frac{1}{2}$ pint of well-seasoned gravy. Cover the casserole with a lid and cook in the oven for 1 hour 30 minutes with the "Regulo" at mark 5.

STEWED RABBIT (Brown).

Regulo Setting Mark $\frac{1}{4}$
Time 4 Hours

Ingredients—

1 rabbit	1 oz. flour
Sprig of parsley, 1 teaspoonful	1 onion
mixed herbs, 2 cloves (all	Salt and pepper
tied in piece of muslin)	$1\frac{1}{2}$ pints water (about)
3 ozs. fat bacon	

Method.—Joint the rabbit neatly, cut the bacon into squares and fry it for a few minutes, then place it in a casserole. Quickly fry the rabbit in the bacon fat and transfer it also to the casserole. Then fry the onion a light brown and place in the casserole. Add the flour to the remaining fat and fry until brown. Then stir in some of the water. Mix until smooth. Add the rest of the water, stir and bring to the boil. Pour the liquid over the rabbit

NEW WORLD REGULO-CONTROLLED OVEN

and the onion. Then add the salt, pepper, parsley and herbs. Cook in the oven for 4 hours with the "Regulo" at mark $\frac{1}{4}$. Remove the bag of herbs and serve in the casserole or dish the rabbit and strain the gravy (to which a little browning may be added) round the rabbit.

STEWED RABBIT (White).

Regulo Setting Mark 1
Time 3 Hours

Ingredients—

1 rabbit	$\frac{1}{2}$ teaspoonful mixed herbs.
3 ozs. bacon	Salt and pepper
$\frac{1}{2}$ pint milk (optional)	1 oz. flour
3 cloves	$1\frac{1}{2}$ pints water (about)
1 large onion	

Method.—Skin, wipe, and joint the rabbit, place in a jar, add the bacon cut up in pieces, cloves, onion, sweet herbs, pepper and water. Cover tightly, and cook in the oven for 3 hours with the "Regulo" at mark 1. When cooked, add salt and the flour moistened with a little water; re-heat and serve. If preferred, $\frac{1}{2}$ pint of milk may be added to the rabbit before thickening with the flour.

TRIPE AND ONIONS.

Regulo Setting Mark 3
Time 2 Hours 10 Minutes

Ingredients—

1 lb. dressed tripe	1 pint milk
$\frac{1}{4}$ — $\frac{1}{2}$ lb. onions	Salt
1 oz. flour	6 peppercorns (tied in muslin)

Method.—Put the tripe in an aluminium saucepan or casserole, cover it with cold water and bring to the boil. Remove from the water, cut it into strips and place with the sliced onions, milk and seasoning in a casserole. Cook in the oven for 2 hours with the "Regulo" at Mark 3. Mix the flour with a little milk or water, pour a cupful of the hot liquid from the casserole on to the flour paste, stir well and pour all back into the casserole. Replace in the oven for 10 minutes, then serve.

VEGETABLES

All kinds of vegetables can be cooked in a casserole in the "New World" Oven. Roots, tubers and pulses are specially suitable. The food value is best conserved when a minimum quantity of liquid is used. Fresh vegetables may be cooked in a small quantity of fat, which increases their food value and flavour, but it is not advisable to add fat when the vegetables are to be

served with fat meat or they may be too rich to digest easily and will not assist the digestion of the fat of the meat. Greens tend to lose their colour unless cooked in a hot oven for a short time.

METHODS

1.—FOR ROOT VEGETABLES IN GENERAL.

Wash, peel and cut the vegetables into neat pieces. Melt 1 oz. of fat in a casserole, add the vegetables and cook them in the fat either over a burner on the hotplate or in the oven for a few minutes. Add 2 tablespoonfuls of stock or water and season with salt and pepper to taste. Cover the casserole with a lid and cook in the oven under a joint or cake, etc. The time will vary according to the "Regulo" setting, the position of the casserole in the oven, and the size and kind of the vegetables. Carrots and turnips cut into dice can be cooked in 30—45 minutes in the middle of the oven with the "Regulo" at Mark 6 or 7, but when left in larger pieces and cooked in the lower part of the oven the time may be extended to 2 hours with the same "Regulo" settings. When the vegetables are cooked, the liquid may be served with them or added to gravy, soup or sauce. Vegetable marrows are also excellent when cooked in this way but the stock or water is not added in this case.

2. FOR PULSES, GREENS, BEETROOT.

Place the vegetables in a casserole. Pulses should be previously soaked. Cover with plenty of boiling water, adding salt to fresh vegetables. Cover with a lid and cook in the oven. When cooked, drain off the water and sprinkle dried vegetables with salt and pepper. The cooking times are as follows :—

Dried beans $1\frac{1}{2}$ —2 hours	{	In the middle of the oven with the "Regulo" at Mark 5, or on a low shelf with the "Regulo" at Mark 7.
Dried peas $\frac{3}{4}$ to $1\frac{3}{4}$ hours according to kind of pea		
Dried lentils about 1 hour		

Greens, green peas and beans, 45 minutes to $1\frac{1}{2}$ hours in the lower part of the oven with the "Regulo" at Mark 6 or 7.

Beetroots weighing $\frac{3}{4}$ —1 lb., 2 hours on a grid shelf in the middle or upper part of the oven, with the "Regulo" at Mark 4.

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3. FOR POTATOES AND ARTICHOKES.

Wash and peel the vegetables and place them either whole or sliced in a metal casserole. Cover them with milk and add salt and pepper. Place the casserole over a lighted burner on the hotplate and bring to the boil, then place the casserole in the oven and cook on a shelf in the lower part of the oven for 45 minutes to 1½ hours under a joint with the "Regulo" at Mark 7. When cooked, drain off the milk. Beat the potatoes to a cream and use the milk for soup or sauce. Serve the artichokes coated with a white sauce for which the milk may be used.

4. FOR POTATOES OR ROOT VEGETABLES.

Wash and scrub or peel the vegetables. Place them in a casserole with a little hot or cold water and salt. Cover with a lid and cook in the oven from 45 minutes to 1½ hours according to the grid position, "Regulo" setting and kind of vegetable. When cooked, drain off the water and replace in the oven without the lid for a few minutes. Potatoes may first be placed in a paper bag, which is then put into the casserole with the water. This keeps them a good colour and conserves the flavour.

5. FOR GREENS.

Tear up cabbages, savoys, etc., removing most of the hard stalk; leave sprouts whole but cut through the stalk. Place the greens in a saucepan or aluminium casserole containing boiling water. Either boil up again and cook for 1—5 minutes or leave the greens to soak for ten minutes. Drain off the water, add salt and pepper. If a saucepan has been used turn the greens into a casserole. Add a small piece of butter or a few bacon rinds and cover with buttered paper or a large cabbage leaf and then with the lid. Cook in the lower part of the oven for 1 hour with the "Regulo" at Mark 7 or in the upper part of the oven for a shorter time with the "Regulo" at Mark 7 or 8.

BAKED BEANS.

Ingredients—

¼ lb. haricot beans (cooked)	3 or 4 tomatoes
1 dessertspoonful golden syrup	A rasher of bacon or small
Salt and pepper	piece of fat pork.

Method.—Place the cooked beans in a casserole with some of the water in which they have been cooked. Add the golden syrup, salt and pepper and the tomatoes skinned and cut up. Stir to-

gether, add a piece of bacon or pork, cover with a lid and cook in the lower part of the oven under a joint or cakes, etc. The longer the beans cook the better they are, but they should be examined two or three times during the cooking to see whether the moisture is absorbed, in which case add more water. The beans should be quite soft and a pink colour when ready.

PUDDINGS

Puddings that are usually cooked in a steamer on the hotplate may all be cooked in a casserole in the "New World" Oven. They may be cooked at the same time as other foods, thus effecting an economy in gas and, provided the lid of the casserole fits tightly, there will be no loss of steam so that it will not be necessary to add more water from time to time as is the case when steaming on the hotplate. To cook the pudding for the same time as is required on the hotplate, place it in the middle of the oven under a joint or pastry with the "Regulo" at Mark 7, or on an upper shelf in the oven with the "Regulo" at Mark 5. The time can be shortened if the "Regulo" is set at a high mark and the pudding is in the upper part of the oven, but should it be more convenient to leave the pudding cooking for a long time the "Regulo" may be set at a low mark, and the time extended beyond that usually allowed for the steam pudding. This long cooking is not advisable for soufflés and the very light puddings but it is most suitable for suet puddings. The steady temperature and absence of draught ensures success when cooking puddings in the oven.

For this method it is necessary to have a metal casserole with a well-fitting lid, sufficiently large to hold the basin required for the pudding. Three-quarters fill the basin with the mixture and cover with greased paper which should be tied down and a handle made with string to facilitate the removal of the cooked pudding. Pour hot water in the casserole to the depth of $1\frac{1}{2}$ to 2 inches. Stand the pudding in the casserole, cover with the lid and place in the oven.

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